

For Immediate Release



City of Renton - 1055 South Grady Way
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It's February—Love Your Heart Renton launches Renton Heart Month

In response to the American Heart Association's designation of February as American Heart Month, the City of Renton is embarking on a new community awareness campaign called "Renton Heart Month." Sponsored by the Renton Fire Department with support from Renton's Community Services department, the campaign will focus on three areas:

- Heart health awareness
- Blood pressure and blood sugar screening
- AED awareness and CPR training

Heart disease is the leading cause of death in the United States. The American Heart Association is encouraging people to "*Take Action to Reduce Risk and Increase Awareness of Heart Disease.*" And that's what the City of Renton is doing. The Renton Heart Month campaign will inform citizens about heart attack risks and how to quickly and properly respond to warning signs of a heart attack. Since prevention is such an important key to heart health, Renton's Community Services department is also offering heart-health information and exercise incentives at Renton Community Center.

Renton is also campaigning to identify those citizens who don't know they suffer from high blood pressure or high blood sugar levels.

"Knowing is half the battle," says Renton Mayor Kathy Keolker. "If Renton can pull together in this way by passing on critical information about life-threatening warning signs, people will be enabled to take the next step toward better health and longer life."

Free blood pressure and blood sugar screenings will be provided at all of the fire stations in the City of Renton and at community events throughout 2007. For the location of the nearest Renton fire station, visit **rentonwa.gov**.

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Renton Fire Department is also sponsoring free CPR/Automatic Access Defibrillator (AED) classes to the public every Tuesday, Thursday and Saturday in February. These classes are being offered at Renton schools throughout the community. Information about classes and registration can be found at **rentonwa.gov** or by calling 425-430-7007.

Throughout February Heart Health Month:

What:	Exercise incentives	Where:	Renton Community Center
What:	Free blood pressure checks	Where:	Any Renton fire station
What:	Free blood sugar screenings	Where:	Various Renton schools
What:	Free CPR/defibrillator classes	When:	T, Th, Sat